





# June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>June 30th</b>	  <div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>START DATE: MONDAY, JUNE 17, 2024</b>  <b>END DATE: SATURDAY, JULY 27, 2024</b>   <b>COMPLIMENTARY MONTH TRAINING FOR WARRIORS</b>  <b>ARE YOU IN ?</b> #ImNotTired            Sign-up at the Front Desk #WARRIORS         </div>					<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Spirit Spin</b> 7:30AM CC  <i>Non Spivi class</i>	5:15AM DC - S 9:30AM AJ - I & S	6:00AM JB- S & I 6:30PM TF-I	5:15AM BS - I 9:30AM FV-S	6:00AM BT- I	9:30AM BD - S 3:00PM MP <b>Rhythm Ride</b>	8:00AM ED- I 10:00AM JB- S <b>FTP TEST</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	5:15AM DC - I 9:30AM AJ - S	6:00AM JB- S 6:30PM AJ - I & S	5:15AM BS - S 9:30AM FV- RD	6:00AM BT- I & S	9:30AM BD - I 3:00PM MP <b>Rhythm Ride</b>	8:00AM AW- I <b>Begin N Spin</b> 9:15AM JB- BNS 10:00AM JB- S&I
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	5:15AM DC - I & S 9:30AM AJ - S & I <b>Le Tour De MAC Challenge Begins!</b>	6:00AM JB- I & S 6:30PM AJ-S	5:15AM BS - S & I 9:30AM FV- I	6:00AM BT- S & I	9:30AM BD - S & I 3:00PM MP <b>Rhythm Ride</b>	8:00AM BS- S & I 10:00AM AW- I
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	5:15AM DC - I 9:30AM BS - I	6:00AM JB- S <b>FTP TEST</b> <b>Begin N Spin</b> 5:45AM TF- BNS 6:30PM TF- I	5:15AM BS - I & S 9:30AM FV- S	6:00AM BT- I & S	9:30AM BD - I & S 3:00PM MP <b>Rhythm Ride</b>	8:00AM TF- I 10:00AM JB- S & I
<div style="background-color: yellow; padding: 5px; text-align: center;">           Please remember to reserve your bike on the <b>MAC App</b>. up to 3-days in advance         </div>						
<b>Reservation required on MAC App</b>	ED - Erin Danielson AW-Allison Whisler BT-Bill Thomas	BD-Betsy Dodson BS-Becky Stevens AJ-Alice Jones	JB-Jeff Biehl DC-Debbie Cannella FV-Felipe Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	MP- Michelle Perez TF-Tammy Fugate	<a href="mailto:fitness@fitmac.com">fitness@fitmac.com</a> or (281) 497-7570

**June 2024**

***Boo!***